

# April

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health@kclibrary.org

816.701.3672

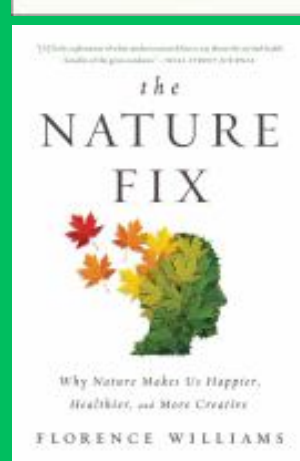
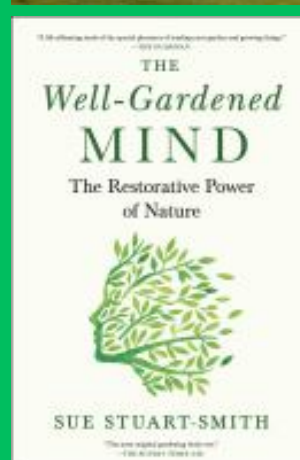
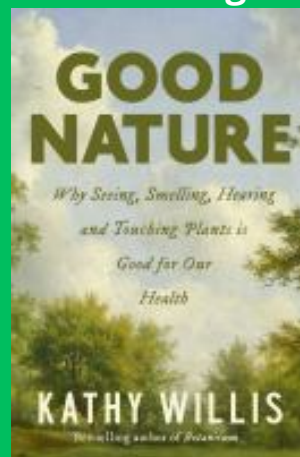
## April is Earth Month!

Did you know that urban green spaces like parks or even a grove of trees can significantly benefit your physical, mental and social well-being? It begins in infancy and goes all the way through adulthood and can even reduce the negative health effects of city living and help maintain community during times of crisis! Check out just some of the evidence-based ways green space can improve your and your family's health:

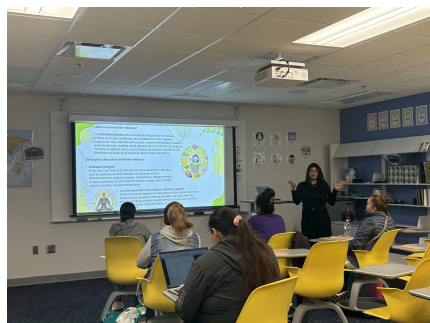


Image Reference: *The necessity of urban green space for children's Optimal Development.* UNICEF. (accessed on 4/1/25). <https://www.unicef.org/documents/necessity-urban-green-space-childrens-optimal-development>

### Check Out Our Books About Nature and Wellbeing!



## Partner of the Month



Our partner of the month is Mattie Rhodes, who helped organize a 3-part health coaching series facilitated in Spanish. Thanks to Valentina Gutierrez, their Integrative Nutrition Health Coach, we were able to facilitate Kansas City Public Library's first-ever Spanish-speaking health programming. Thank you, Mattie Rhodes, for providing this for our patrons!



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## Health and Wellbeing Events

Central		Irene H. Ruiz	Lucile H. Bluford
<b>*Midday Moving Meditation</b> , 4/3/2025 and 4/17/2025, 12-12:30pm <b>Science Matters: City Nature Challenge</b> 4/16/2025 12-1 p.m.	<b>*Therapeutic Yoga</b> Every Thursday, 9-10am	<b>*200 Tough Workout</b> , Every Tuesday, 6-7pm <b>*NickiFit Mixxed Fit</b> Every Thursday, 6-7pm <b>Coffee and Connect</b> Every Wednesday, 10-11 a.m. <b>Community Health Fair</b> , 04/15/2025, 10 a.m.-2 p.m.	
Plaza	Plaza Continued	Southeast	
<b>Spring Yoga Series</b> Wednesdays, 6-7 p.m. <b>Recreational Meditation</b> 4/5/2025, 10-11 a.m. <b>Tai Chi &amp; Qi Gong</b> 4/6/2025, 4/13/2025, 4/27/2025, 11:-15 a.m. - 12 p.m. <b>*Death Cafe</b> 4/9 7- 8 p.m.	<b>Composting 101</b> 4/21/2025, 6-8 p.m. <b>Creative Adventure</b> 4/23/2025, 6:30 p.m. - 8 p.m.	<b>*SNAP Outreach Program</b> , Every Tuesday, 11 a.m. - 1 p.m.  <b>*Medicare &amp; You: Understanding Your Options</b> , 4/21/2025, 5-6 p.m.	
Sugar Creek	Trails West	Waldo	
<p>***Check back next month for more programming!</p>	<p>***Check back next month for more programming!</p>	<p>***Check back next month for more programming!</p>	
Westport	Mobile Services	<p>*Events intended for those 18 and older **RSVP requested at <a href="http://kclibrary.org">kclibrary.org</a> Programs at the Kansas City Public Library are appropriate for all ages unless otherwise indicated. Please contact the library at least three days in advance for ADA accommodations at 816.701.3409 or <a href="mailto:ADA@kclibrary.org">ADA@kclibrary.org</a> (866.520.7309 for Spanish).</p>	
<b>Tai Chi</b> Every Tuesday, 12-1pm <b>KC Care Clinic</b> Every Tuesday 12-5 p.m.	<b>Bookmobile at Uzazi Village</b> 4/2/2025, 12-3 p.m. <b>Bookmobile at Black Maternal Health Week</b> , 4/12/2025, 12-3 p.m. <b>Bookmobile at Go Native</b> 4/26/2025, 12-3 p.m.	Kansas City Public Library   <b>Community Learning Specialists</b>	